

GLUTEN FREE WAFFLE MIX

Product Information

Description

A Gluten Free mix for making delicious golden brown waffles. Just add melted butter, milk and eggs.

Certified by Coeliac UK product GB-163-011

Brand: Middletons

Description: Gluten Free Waffle Mix

Pack Size: 3kg

Storage: Store in a cool dry place away from strong odours and direct sunlight

Order Code: **U016A**

(Internal Code: Y101 tub)

Ingredients

Rice Flour, Sugar, Maize Starch, Tapioca Starch, Potato Starch, Buckwheat Flour, Raising Agents (E500(ii), E341(i)), Salt, Thickener (Xanthan Gum), Flavouring, Natural Colour (Annatto Norbixin).

Allergens

For allergy advice see ingredients in **"bold"** and UPPERCASE

Shelf Life

Unopened - 24 months

Portion Yields

Waffle Mix	400g
Large Eggs	2
Cold Milk	425ml
Melted Butter/Liquid Margarine	90g

Features and Benefits

- ✓ Easy to use, just add milk, butter & eggs
- ✓ Suitable for Vegetarians
- ✓ Suitable for Vegans

Nutritional Information

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Energy (kJ)	1508
Energy (kcal)	355
Fat (g)	0.5
of which Saturates (g)	0.1
Carbohydrate (g)	84
of which Sugars (g)	20.4
Protein (g)	3.4
Salt (g)	1.0

Approx 30 x 100g portions as sold per 3kg tub



Cooking Instructions

1. Pre-heat your waffle iron.
2. Mix together the eggs and milk and add to the waffle mix. Mix until smooth.
3. Add the melted butter slowly until incorporated into the mix. The mix will be the consistency of thick cream/custard. If it is thicker, add a little extra milk. You may find that if using liquid margarine, it will be a little thinner but this is fine. Allow the mix to stand for 5 minutes. It will thicken slightly. It is then ready to use.
4. Cook for 3-4 minutes until golden brown. Do not overfill the waffle iron. The time will vary depending on your waffle iron. The waffles are best served warm. You can reheat the waffles in an iron or a toaster.

Gluten Free American Pancakes

Dry Mix	400g
Milk	190ml
Melted Butter	90g
Eggs	2

1. Mix together the eggs and milk and add to the dry mix. Mix until smooth.
2. Add the melted butter slowly until incorporated into the mix. Allow the mix to stand for 5 minutes.
3. Use 1 tablespoon mixture per pancake. Cook in a pan or on a griddle on a medium heat for 2 minutes each side.

Gluten Free Vegan Waffles

Dry Mix	400g
Soya Yoghurt	480g
Vegan Spread (melted)	90g

1. Pre-heat your waffle iron.
2. Mix together the dry mix and yoghurt until smooth.
3. Add the melted vegan spread slowly until incorporated into the mix. The mix will be the consistency of thick cream/custard.
4. Cook for 3-4 minutes until golden brown. Do not overfill the waffle iron. The time will vary depending on your waffle iron. The waffles are best served warm. You can reheat the waffles in an iron or a toaster.